A Manual of Devotion for Boys

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A MANUAL OF DEVOTION

PREPARED ESPECIALLY

FOR BOYS

BY

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SEWANEE, TENN.

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TO

ALL SEWANEE BOYS, OLD AND NEW,

FOR WHOM

ESPECIALLY IT WAS PREPARED,

THIS LITTLE MANUAL

IS

DEDICATED.

PREFACE.

THE compilation of this manual was forced upon the author by a daily experience of the needs of students, both communicants and non-communicants, who attended the confirmation classes in the University. For, although there are already many very valuable books of the same kind in print, none of them was felt, after trial, to be all that was desired; and in so small a matter it seemed best to draw up an outline at least of what was wanted and to arrange the material for present use even if further experience should suggest improvements. The manual, therefore, does not pretend to be new or original, but it is hoped that its arrangement at least will be ap-

proved. It was at first intended merely for local use, and would have been privately printed but that the author remembered how, in his own college days, he was bewildered by the richness and fullness of his devotional manual, and thought that perhaps there were others in his position who might feel the need of some such book and who had no leisure to prepare one for themselves.

SEWANEE, TENN., ADVENT, 1885.

Doctrine

AND

Instruction.

The Apostles' Creed.

I BELIEVE in God the Father Almighty, Maker of heaven and earth: And in Jesus Christ his only Son our Lord; Who was conceived by the Holy Ghost, Born of the Virgin Mary; Suffered under Pontius Pilate, Was crucified, dead, and buried: He descended into hell, The third day he rose from the dead; He ascended into heaven, And sitteth on the right hand of God the Father Almighty; From thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost; the holy Catholic Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body; And the Life everlasting. Amen.

The Nicene Creed.

I BELIEVE in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds, God of God, Light of Light, very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made; Who, for us men, and for our salvation, came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man; and was crucified also for us under Pontius Pilate. He suffered, and was buried; And the third day he rose again, according to the Scriptures; And ascended into heaven, And sitteth on the right hand of the Father; And he shall come again with glory to judge both the quick and the dead, Whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord and Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets; And I believe one Catholic and Apostolic Church; I acknowledge one Baptism for the remission of sins; and I look for the Resurrection of the dead; and the Life of the world to come. Amen.

The Lord's Prayer.

Our Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done on earth, As it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation; But deliver us from evil; For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Ten Commandments.

I. Thou shalt have none other gods but me.

II. Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them: for I the Lord thy God am a jealous God, and visit the sins of the fathers upon the children, unto the third and fourth generation of them that hate me; and show mercy unto thousands in them that love me, and keep my commandments.

III. Thou shalt not take the Name of the Lord thy God in vain: for the Lord will not hold him guiltless, that taketh his Name in vain.

IV. Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do;

but the seventh day is the Sabbath of the Lord thy God. In it thou shalt do no manner of work; thou, and thy son, and thy daughter, thy man-servant, and thy maid-servant, thy cattle, and the stranger that is within thy gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the seventh day, and hallowed it.

V. Honour thy father and thy mother; that thy days may be long in the land which the Lord thy God giveth thee.

VI. Thou shalt do no murder.

VII. Thou shalt not commit adultery.

VIII. Thou shalt not steal.

IX. Thou shalt not bear false witness against thy neighbour.

X. Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his servant, nor his maid, nor his ox, nor his ass, nor any thing that is his.

The Gloria Patri.

Glory be to the Father, and to the Son, and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Tables and Rules

FOR THE

MOVEABLE AND IMMOVEABLE FEASTS;

TOGETHER WITH THE

DAYS OF FASTING AND ABSTINENCE,

THROUGH THE WHOLE YEAR.

RULES

TO KNOW WHEN THE MOVEABLE FEASTS AND HOLY-DAYS BEGIN.

EASTER-DAY, on which the rest depend, is always the first *Sunday* after the Full Moon, which happens upon or next after the Twenty-first Day of *March;* and if the Full Moon happen upon a *Sunday*, *Easter-Day* is the *Sunday* after.

Advent-Sunday is always the nearest *Sunday* to the Feast of St. Andrew, whether before or after.

Septuagesima *Sexagesima* *Quinquagesima* *Quadragesima*	*Sunday* is	Nine Eight Seven Six	Weeks before *Easter.*
Rogation-Sunday *Ascension Day* *Whitsunday* *Trinity Sunday*	is	Five Weeks Forty Days Seven Weeks Eight Weeks	after *Easter.*

A Table of Feasts,

TO BE OBSERVED IN THIS CHURCH THROUGHOUT THE YEAR.

All Sundays in the Year,
The Circumcision of Our Lord JESUS CHRIST.....Jan. 1.
The Epiphany.....Jan. 6.
The Conversion of St. Paul.....Jan. 25.
The Purification of the Blessed Virgin.Feb. 2.
St. Matthias the Apostle.....Feb. 24.
The Annunciation of the Blessed Virgin.....Mar. 25.
St. Mark the Evangelist.....Apr. 25.
St. Philip and St. James the Apostles.May 1.
The Ascension of Our Lord JESUS CHRIST.....
St. Barnabas the Apostle.....June 11.
The Nativity of St. John the Baptist.June 24.
St. Peter the Apostle.....June 29.
St. James the Apostle.....July 25.
St. Bartholomew the Apostle.....Aug. 24.
St. Matthew the Apostle.....Sept. 21.

St. Michael and all Angels.....Sept. 29.
St. Luke the Evangelist. .....Oct. 18.
St. Simon and St. Jude the Apostles..Oct. 28.
All Saints.....Nov. 1.
St. Andrew the Apostle.....Nov. 30.
St. Thomas the Apostle.....Dec. 21.
The Nativity of Our Lord JESUS CHRIST. Dec. 25.
St. Stephen the Martyr.....Dec. 26.
St. John the Evangelist.....Dec. 27.
The Holy Innocents.....Dec. 28.
Monday and Tuesday in Easter-Week.
Monday and Tuesday in Whitsun-Week.....

A Table of Fasts.

Ash-Wednesday. | *Good-Friday.*

OTHER DAYS OF FASTING,

ON WHICH THE CHURCH REQUIRES SUCH A MEASURE OF ABSTINENCE AS IS MORE ESPECIALLY SUITED TO EXTRAORDINARY ACTS AND EXERCISES OF DEVOTION.

I. The Forty Days of Lent.
II. The Ember-Days at the Four Seasons, being the *Wednesday*, *Friday*, and *Saturday* after } The First *Sunday* in Lent. The Feast of *Pentecost*. *September* 14, and *December* 13.

III. The three *Rogation-Days*, being the *Monday*, *Tuesday* and *Wednesday* before *Holy-Thursday*, or the *Ascension* of our LORD.
IV. All the *Fridays* in the Year, except *Christmas Day*.

In addition to the above, the first *Thursday* in *November* (or, if any other day be appointed by the Civil Authority, then such day) shall be observed as a Day of *Thanksgiving* to Almighty God, for the Fruits of the Earth, and all other blessings of his merciful Providence.

N. B.—Fasting means voluntary abstinence from all food, and is enjoined by the Church on Ash-Wednesday and Good-Friday, where it is consistent with physical health. Its object is to express more really our sorrow and humiliation according to Our Lord's words.—S. Luke, V., 35.

On other fast days it is proper to abstain from certain kinds of food, such as meats and luxuries.

Private Devotions.

If possible, have a special place in your room where you may regularly say your prayers. It will help to prevent carelessness and inattention.

Remember always that, whatever else you have to do, your prayers are the most important of your daily duties, and you can at least say a part if not all of the short service given here.

On Fridays, certainly on Fridays in Lent, you ought to add something to your daily prayers, if only a single psalm.

Morning Prayer.

When you awake, try to fix your first thoughts upon the seriousness of your life and God's mercy in preserving you through the night.

When you are dressed and ready, place yourself on your knees in God's *Presence and say:*

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

THE LORD'S PRAYER.

Our Father, &c.

THE APOSTLES' CREED.

I believe in God, &c.

CONFESSION.

O Heavenly Father, I confess unto Thee, all my sins which I have com-

mitted against Thee, whether knowingly or ignorantly, by day or by night, either sleeping or waking, in word or in deed, in thought or neglect, through the assaults of the Devil or the frailty of my flesh, and I beseech Thee to grant unto me pardon, absolution and remission of all my sins, through JESUS CHRIST our LORD. Amen.

THANKSGIVING.

I give Thee thanks, HOLY LORD, Almighty Father, Eternal GOD, Who hast guarded me through the hours of the night and hast brought me safely to another day. Mercifully incline Thine ears to hear my morning prayers. Strengthen me by Thy grace against all temptations, that I may dedicate myself unto Thee in a sober, righteous and godly life. Enlighten my mind and remove from me all darkness of sin and ignorance. Give

me diligence in studying, quickness of apprehension, the power to retain what I hear or learn.

Graciously accept all my work and labor, begun in Thy Holy Name, that Thou mayest ever be with me in this world, and that in the world to come, I may have life everlasting, through JESUS CHRIST our LORD, who liveth and reigneth with thee and the Holy Ghost, one GOD, world without end. Amen.

INTERCESSION.

Almighty and Everlasting GOD, who hast promised to hear the petitions of those who ask in Thy Son's name, I commend unto Thee my parents, my brothers and sisters, and all my relations (——) and friends (especially ——), and those for whom I have been asked to pray. Let Thy Fatherly hand, I beseech Thee, ever be over them, let Thy Holy Spirit ever be with them, and so lead them in the

knowledge and obedience of Thy word, that in the end they may obtain everlasting life. Pity, O LORD, and have mercy upon all men, for JESUS CHRIST'S sake, who with Thee and the Holy Ghost, liveth and reigneth, ever One GOD, world without end. Amen.

May the Holy Angels, especially my own Guardian, keep watch around me throughout this day, to protect me against the assaults of the evil one, to suggest to me holy thoughts, to defend me against all dangers, to lead me in the perfect way of peace, to bring me safe at length to my home in Heaven.

✠ May GOD Almighty, Father, Son and Holy Ghost, bless me, and of His mercy defend me from all wickedness; and may His presence and His love sustain and direct me throughout this day. Amen.

Evening Prayers.

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

THE LORD'S PRAYER.

Our Father, &c.

THE APOSTLES' CREED.

I believe in GOD, &c.

THANKSGIVING.

I give Thee thanks, Holy Father, Eternal God, for all the blessings of my life, and especially for Thy preservation of me during the past day. Grant, O LORD, that I may be ever mindful of Thy mercies, and that in my life I may show my gratitude through JESUS CHRIST, our LORD.

SELF-EXAMINATION.

Recall one by one the sins which you have committed and ask forgiveness.

Did I say my prayers this morning reverently and carefully?

Have I wasted my time?

Have I injured anyone by word or deed?

Have I led anyone to commit sin?

Have I tried to put away all evil, impure and bitter thoughts?

Have I been angry, or used any bad words?

Have I left undone what I ought to have done?

CONFESSION.

O, Heavenly Father, full of pity and compassion, graciously look upon me, Thy child. Pardon all these my sins, and those which I do not now remember. Give me a penitent heart and protect me from all the snares of the enemy, for JESUS CHRIST'S sake, who died for me and for all mankind, and who liveth and reigneth with Thee and the Holy Ghost, one GOD, world without end. Amen.

INTERCESSION.

O, Almighty God, the Creator and Preserver of all mankind, give me grace to know and to do Thy will. Enlighten my mind, direct my will, and purify my heart. Bless all those for whom I ought to pray (——), my parents, relatives and friends (*especially* ——). Preserve us from all perils and dangers of this night and grant us such refreshing sleep as may fit us for the duties of the following day, that living and dying we may be Thine, through the merits of Thy Son Christ Jesus, in whose Name I offer up these my imperfect prayers. Amen.

O Lord Jesus Christ, Saviour of the world, who by Thy Cross and Passion, didst show Thy love for all the children of men, support us all the day long through this troublous life, until the shadows lengthen, and the evening come, and this busy world is hushed, and the fever of our life is over, and

our work is done. Then in Thy mercy grant us a safe lodging, and a holy rest, and peace with Thee at the last for ever. Amen.

BENEDICTION.

✠ May GOD THE FATHER bless me; JESUS CHRIST defend and keep me; the power of the HOLY GHOST enlighten me and sanctify me, this night and forever. Amen.

Occasional Prayers.

For the Choice of a Vocation.

O LORD JESUS CHRIST, who didst die for me and give Thyself for me, grant me the light of Thy Holy Spirit that I may know what Thou wouldst have me to do. I offer myself entirely to Thee to do what seemeth good in Thy sight: not my will but Thine be done. Correct whatsoever Thou seest amiss in me, strengthen my weak resolutions, restrain

my wayward desires, remove all hindrances to the fulfilment of Thy will, and give me grace so to follow the leadings of Thy Providence, that my life may be spent to Thy honor and glory, in whatsoever way it pleases Thee, who livest and reignest, GOD for ever and ever. Amen.

In any trouble.

O LORD GOD, our Heavenly Father, who ordainest divers kinds of trouble for Thy children, that so they may be led to serve Thee better, look upon me, I pray Thee. O Thou, who seest that I am trying to obey Thee, and do what Thou wouldst have me do, help me to bear this trial bravely. Grant me to look to Thee humbly and trustingly, and not cease to please Thee. And when it pleases Thee, do Thou remove this trouble, and bless me and help me through it, for JESUS CHRIST'S sake. Amen.

In trouble caused by your own fault.

O LORD GOD, my Heavenly Father, I pray Thee to look upon me in this my trouble, and to forgive me. I have (*here confess all that has happened*). Help me to bear bravely any punishment that may come to me, and to be truthful and honest, obedient and submissive. Guard me that I may neither be led into what is wrong by others, nor myself lead others into wrong. Grant that I may never commit the same fault again, and bless us and keep us all for JESUS CHRIST'S sake. Amen.

BEFORE SCHOOL WORK.

O, LORD, JESUS CHRIST, who didst grow in wisdom and stature, and in favor with GOD and Man; make me diligent and patient, willing and teachable, good tempered and persevering in my work in school; what I know not teach me: what I know enable me to

remember, that as I grow in years I may grow in grace, and in the knowledge of Thee and of Thy will; who livest and reignest with the Father and the Holy Ghost, one GOD, for ever and ever. Amen.

FOR CHASTITY.

O, pure and Holy JESUS, who wast born of a Virgin, and delightest to dwell in pure and Virgin hearts, cleanse me, I beseech Thee, from all filthiness of flesh and spirit. Suffer me at no time to pollute my body, which is the temple of the Holy Ghost, with any uncleanness; and enable me to keep my heart with all diligence, so that no unchaste thoughts may be harbored there; but being kept pure and undefiled in both body and soul, I may glorify Thee here, and be glorified with Thee hereafter, who livest and reignest with the Father and the Holy Spirit, one GOD, world without end. Amen.

A General Intercession.

(BISHOP ANDREWES.)

Let us pray GOD.

For the whole creation.

For the supply of seasons.

Healthy, fruitful, peaceful.

For the whole race of mankind.

For those who are not Christians.

For the conversion of Atheists, the ungodly.

For all Christians.

For restoration of all who languish in errors and sins.

For confirmation of all who have been granted truth and grace.

For succor and comfort of all who are dispirited, infirm, distressed, unsettled men and women.

For thankfulness and sobriety in all who are hearty, healthy, prosperous, quiet men and women.

For the Catholic Church, its establishment and increase.

For the Eastern, its deliverance and union.
For the Western, its adjustment and peace:
For the English and American,
The supply of what is wanting in them,
The strengthening of what remains.
For the Bishops, Priests, Christian people;
For the States of the inhabited world;
For Christian States,
For our own,
For all our rulers;
For the people of this land.
For all my relations,
For brothers and sisters
That GOD'S blessing may be upon them,
And on their children;
For all who love me
Though I know them not;
For them who hate me without cause,
For my companions,

For all who dwell near me;
For all whom I have promised to remember in my prayers;
For all who remember me in their prayers, and ask of me the same:
For all who do not pray for themselves:
For all who at present are in agony
Of extreme necessity or deep affliction:
For all who are attempting any good work
Which will bring glory to the name of GOD,
Or some great good to the Church;
For all who act nobly
Either towards things sacred or towards the poor;
For all who have ever been offended by me,
Either in word or in deed.
GOD have mercy on me and bless me,
GOD show the light of His countenance upon me, and pity me.
GOD bless me, even our GOD,

God bless me and receive my prayer :
O direct my life towards Thy commandments,
Hallow my soul,
Purify my body,
Correct my thoughts,
Cleanse my desires,
Soul and body, mind and spirit,
Heart and reins.
Renew me thoroughly, O God,
For, if Thou wilt, Thou canst
Help me for Jesus sake.

Public Worship.

Instruction.

The object of attending service is to worship GOD, not to criticise nor to admire the minister. Remember our LORD'S words: "Where two or three are gathered together in My name there am I in the midst."

Worship is not dreaming nor lounging, but a definite operation of reason, will and affection. It requires, at least, as much attention and carefulness as any other work in life. Therefore, when you stand, stand erect, not leaning on the back of the seat nor lounging with your hands in your pockets. When you sit do not forget where you are, and attend to what is being read. When you kneel, kneel, and do not merely lay your head over on the back of the next seat. When you meet a

superior you remove your hat; in the presence of a King you kneel on one knee. It is a privilege for you to be permitted to speak to GOD *with both knees on the ground.*

To join in the services heartily and earnestly, to behave reverently and thoughtfully, are things which your own conscience and self-respect demand.

Morning and Evening Prayer.

On taking your place in Church kneel down and ask GOD *to accept and direct your worship.*

✠

BEFORE SERVICE.

O Heavenly Father, open Thou my lips, enlighten my mind, and purify my heart, that I may worship Thee in spirit and in truth, to the glory of Thy

name and the salvation of my soul. Through JESUS CHRIST our LORD. Amen.

AFTER SERVICE.

Grant, O LORD, that the words of my mouth and the meditations of my heart may be always acceptable in Thy sight, and what I have unworthily done do Thou most graciously pardon. Through JESUS CHRIST our LORD. Amen.

The Holy Communion.

I. INSTRUCTION.

(*a*) THE HOLY EUCHARIST is "of a spiritually sacrificial character" (Journ. H. of Bps. '32), and as such is the central and highest act of Christian worship, the only one which our Blessed LORD especially commanded us to perform. "Do this," he said, "in remembrance of Me" (S. Luke, xxii, 19), or as St. Paul says: "As often as ye

eat this bread and drink this cup ye do show the LORD'S death till he come." Therefore this is *the* service which you must never fail to attend. To neglect it is to neglect the greatest opportunity you will ever have on earth of coming in His own appointed way into our Saviour's presence, and pleading His merits for the forgiveness of your sins and the guidance of your life. For the Holy Eucharist is the means which JESUS Himself appointed, to be the perpetual memorial of His Sacrifice before GOD the Father, offered from age to age by His Priests in behalf of His faithful people, that all His "whole Church may obtain remission of their sins, and all other benefits of His Passion." Moreover, it is

THE HOLY COMMUNION, or LORD'S SUPPER, for the strengthening and refreshing of your soul.

By BAPTISM you were made a member of CHRIST; you were born into a

new life, with new hopes, new responsibilities, new privileges. This new life must be nourished as all other life is nourished. Its food is the "Bread which came down from Heaven," the glorified humanity of our Blessed LORD, which He gives us in the Holy Communion. You shall not starve your immortal spirit, but you shall eat this Bread and live forever. "How shall we escape if we neglect so great salvation?"

How often to receive.—All communicants ought to receive at least once a month. The practice in the time of the Apostles was for men, in ordinary business life, to receive every Sunday. Those who are leading specially consecrated lives may receive daily. Do as your conscience directs. Only remember that a communicant of the Church, who does not take the Communion, when he has the opportunity, at Easter and Christmas, is false to his Chris-

tian profession, and is imperilling his soul.

When to receive.—Early in the morning before eating, when it is possible, for three reasons.

1st. Because the mature judgment and practice of the Church have established the custom of early and fasting communions. And no argument can make us wiser than she is.

2d. Because it is meet and right that the sacrament of CHRIST'S Body and Blood should be the first food to pass our lips, before we are distracted by the cares and employment of the day.

3d. Because the main reason, almost the only reason, why so many wait to take the Communion at the mid-day service is, that they shrink from the extra effort and self-denial of rising early. Yet, if it is worth anything to us, it is worth the trouble of shortening our morning's sleep, and braving the cold and wet.

II. PREPARATION.

As the reception of the Holy Communion is the highest act of your religious life, you are commanded by the Church to make a special preparation for it. *You must receive it worthily,* and by this is understood two things: (1) Repentance in its full sense, involving sorrow for what is past, and resolve for the future. (2) A deep sense of the real nature and solemnity of the service, and your own absolute need of what it gives. Under these conditions the act may be worthy, while you know that you are unworthy. There can be no worthy reception of the Communion unless the man feels himself unworthy to receive so great a blessing.

On the Friday, or some day before the service, take time to think quietly of what you are about to do. Then your preparation may be divided under the two heads above mentioned.

(1) Repentance. (*a*) Know and realize your sins. (*b*) Think of our Saviour's sufferings for you, his child, and express your shame and grief for your base ingratitude. (*c*) Pray for GOD'S grace, and resolve, in the presence of the Holy Ghost, to lead a new life.

Self-Examination.

THE TEN COMMANDMENTS.

I. Have I loved anything more than GOD ? allowed the world and its pleasures to get possession of my heart ? Have I followed my own will, feared man more than GOD, spoken lightly of sin ? Have I been vain and self-seeking, talked much of myself and my family, despised others, and sought after flattery and admiration ?

II. Have I omitted or slighted my daily prayers : said them carelessly, hurriedly, not kneeling ? Have I stayed away from Church without good cause, or acted irreverently, talked, laughed,

played during service? Have I neglected the Holy Communion, or treated it indifferently, and received without realizing what I did?

III. Have I used any oath, or other wrong and irreverent words? Used the name of GOD lightly, little oaths, or mocked the service, made a jest of Scripture, or laughed at some one else who did?

IV. Have I tried to make Sunday the LORD'S Day, or have I stayed away from Church, omitted prayers at home, read light and unwholesome books, spent the day in idleness and revelling? Have I put off until Sunday what might have been done during the week? Have I observed the Church's Feasts and Fasts?

V. Have I been wilful and disobedient to those who are set over me, my teachers, clergymen, or parents? Have I failed to respect the aged or ridiculed those below me, laughed at persons of weak intellect, or deformed persons?

Have I spoken or acted disrespectfully towards my parents, concealed anything from them which I was ashamed for them to know, caused my parents grief by my faults, wasted their money and the opportunities they gave me?

VI. Have I been hasty, evil-tempered, quarrelsome, injured another, or hurt another's feelings, or spoken harshly and profanely when in anger? Have I wished for the evil of another, spoken evil of any one, been cruel to lower animals?

VII. Have I remembered that my body is the temple of the Holy Ghost: yielded to impure thoughts, read impure books, looked at immodest pictures, listened to indecent jests and conversations, committed impure deeds? Have I eaten or drunk too much at any time, indulged in too much sleep, neglected self-denial?

VIII. Have I taken anything that belonged to another, been dishonest in little things, borrowed money without

returning it, run into debt without knowing whether I could pay, injured another's property wilfully, spent too much in trifles? Have I neglected to give what I could to GOD?

IX. Have I told a lie, exaggerated, told false stories, made careless statements, conccaled the truth, been guilty of deceit? Have I spoken ill of any one, loved to hear another evil spoken of, said unkind things behind one's back that I would not say before his face?

X. Have I wished for things that belong to another, envied another, been pleased at the misfortunes of another? Have I desired the fall or injury of another that I might be the gainer by it?

O merciful GOD and Heavenly Father, who hast made all men and hatest nothing that Thou hast made, pity me and forgive me all my sins. Make in me an humble and contrite heart. Hide me in the clefts of the Rock, in the wounds of the Holy JESUS, and grant

that I, unworthy as I am, may partake of the Blessed Sacrament of His Body and Blood with faith and true repentance to the salvation of my soul and the glory of Thy Name, through JESUS CHRIST our LORD. Amen.

O GOD the Holy Ghost, Sanctifier of the faithful, I do most firmly purpose by Thy grace to lead a new and better life, and I beseech thee, grant me wisdom to know Thy will and strength to fulfil the same, for JESUS CHRIST'S sake. Amen.

If you are still troubled about your fitness to receive the Communion, do not despair, but go to your Rector or Chaplain and tell him what it is that troubles you. His ordination vow compels him to hear you and solemnly to keep the trust.

"If there be any of you, who by this means cannot quiet his own conscience herein, but requireth further comfort or counsel, let him come to me or to some other discreet and learned minis-

ter of GOD'S Word and open his grief; that by the ministry of GOD'S Holy Word he may receive the benefit of absolution, together with ghostly counsel and advice, to the quieting of his conscience, and avoiding of all scruple and doubtfulness." (Exhortation in English Communion Service.)

(2) Realize the nature and blessedness of the gift you are to receive and fix your thoughts upon it.

THE LORD'S PRAYER.

Our Father, etc.

PSALM CXXX. *De Profundis.*

Out of the deep have I called unto Thee, O LORD; LORD hear my voice.

O let Thine ears consider well the voice of my complaint.

If Thou, LORD, wilt be extreme to mark what is done amiss, O LORD, who may abide it?

For there is mercy with Thee; therefore shalt Thou be feared.

I look for the LORD; my soul doth wait for Him; in his word is my trust.

My soul fleeth unto the LORD before the morning watch; I say before the morning watch.

O Israel, trust in the LORD; for with the LORD there is mercy, and with Him is plenteous redemption.

And he shall redeem Israel from all his sins.

O Almighty Father, who hast given Thy only begotten Son to die for me and for all sinners, create and make in me a good and honest heart that I may come with hearty repentance and true faith to this Heavenly Feast. I am not worthy so much as to gather up the crumbs under Thy table, but do Thou fill up my weakness with the fulness of Thy perfect holiness, and grant that I may so receive this Blessed Sacrament of Thy dear Son, that my sinful body may be made clean by His Body and my soul washed through His most precious

Blood. For JESUS CHRIST's sake, to whom with Thee and the Holy Ghost be all honor and glory, for ever and ever. Amen.

O Merciful Father accept, we beseech Thee, this memorial of His precious Death and Sacrifice which Thy Son, our Saviour, JESUS CHRIST, hath commanded us to make, that we and all Thy whole Church may obtain remission of our sins and all other benefits of His Passion.

Remember, O LORD, and have mercy upon all those for whom I ought to pray, my parents, brothers, sisters, relatives, and friends; upon all estates of men in Thy Holy Church, and upon all who have strayed away from Thee. We are not worthy to offer unto Thee any sacrifice, but we beseech Thee to accept this our bounden duty and service. Increase our faith, kindle our love, and give us a grateful sense of all Thy mercies. And we beseech Thee, O LORD,

to strengthen us with the Holy Ghost, the Comforter, and daily increase in us Thy manifold gifts of grace; the spirit of wisdom and understanding, the spirit of counsel and ghostly strength, the spirit of knowledge and true Godliness, and fill us evermore with the spirit of Thy holy fear, through JESUS CHRIST our LORD. Amen.

The Liturgy.

¶ *The minister shall say,*

The Lord's Prayer.

Our Father, who art in Heaven, hallowed be Thy Name. Thy kingdom come. Thy will be done on earth, as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Collect.

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily magnify Thy Holy Name; through Christ our Lord. Amen.

¶ *Then shall the minister, turning to the people, rehearse distinctly the* TEN COMMANDMENTS ; *and the people, still kneeling, shall, after every commandment, ask God's mercy for their transgressions for the time past, and grace to keep the law for the time to come, as followeth :*

Minister.

God spake these words, and said ; I am the Lord thy God : Thou shalt have none other gods but me.

People. Lord, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not make to thyself any graven image, nor the likeness of anything that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them ; for I the Lord thy God am a jealous God, and visit the sins of the fathers upon the children, unto the third and fourth generation of them that hate me ; and show mercy unto thousands in them

that love me, and keep my commandments.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not take the Name of the LORD thy GOD in vain; for the LORD will not hold him guiltless that taketh his Name in vain.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Remember that thou keep holy the Sabbath Day. Six days shalt thou labour, and do all that thou hast to do; but the seventh day is the Sabbath of the LORD thy GOD. In it thou shalt do no manner of work; thou, and thy son, and thy daughter, thy man-servant, and thy maid-servant, thy cattle, and the stranger that is within thy gates. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day; wherefore the LORD blessed the seventh day, and hallowed it.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Honour thy father and thy mother; that thy days may be long in the land which the LORD thy GOD giveth thee.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt do no murder.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not commit adultery.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not steal.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not bear false witness against thy neighbour.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not covet thy neighbour's house, thou shalt not covet

thy neighbour's wife, nor his servant, nor his maid, nor his ox, nor his ass, nor anything that is his.

People. LORD, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

¶ *Then the minister may say,*

Hear also what our LORD JESUS CHRIST saith.

THOU shalt love the LORD thy GOD with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it; thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

Let us pray.

O ALMIGHTY LORD, and everlasting GOD, vouchsafe, we beseech thee, to direct, sanctify, and govern, both our hearts and bodies, in the ways of thy laws, and in the works of thy commandments; that, through thy most mighty

protection, both here and ever, we may be preserved in body and soul; through our LORD and Saviour JESUS CHRIST. Amen.

The Collect for the Day.

THE EPISTLE.

THE HOLY GOSPEL.

The Nicene Creed.

I BELIEVE in one GOD the Father Almighty, Maker of Heaven and earth, And of all things visible and invisible.

And in one LORD JESUS CHRIST, the only-begotten Son of GOD, Begotten of his Father before all worlds; GOD of GOD, Light of Light, very GOD of very GOD, Begotten, not made, Being of one substance with the Father, By whom all things were made; Who, for us men, and for our salvation, came down from Heaven, And was incarnate by the HOLY GHOST of the Virgin Mary, And was

made man, And was crucified also for us under Pontius Pilate. He suffered and was buried; And the third day He rose again, according to the Scriptures; and ascended into Heaven, And sitteth on the right hand of the Father. And He shall come again with glory to judge both the quick and the dead; Whose kingdom shall have no end.

And I believe in the Holy Ghost, the LORD, and Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe one Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins; And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

The Offertory.

LET your light so shine before men, that they may see your good works,

and glorify your Father which is in Heaven. *St. Matt.* v. 16.

Lay not up for yourselves treasures upon earth; where moth and rust doth corrupt, and where thieves break through and steal; but lay up for yourselves treasures in Heaven; where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. *St. Matt.* vi. 19, 20.

¶ *After the Priest has presented the alms and placed them upon the altar and while he is preparing the elements for the Communion, kneel down and say:*

Thou hast made all things, O LORD, and thine they are, yet accept what we offer and pardon our unworthiness. And as Thou didst accept the alms of Cornelius, and hast commanded that none shall appear before Thee empty, give me grace to be ever mindful of my end, and to hold all things of this life as in trust for Thee, through JESUS CHRIST our LORD.

Psalm cxxx. *De Profundis.*

Out of the deep have I called unto thee, O Lord; Lord, hear my voice.

2 O let thine ears consider well the voice of my complaint.

3 If thou, Lord, wilt be extreme to mark what is done amiss, O Lord, who may abide it?

4 For there is mercy with thee; therefore shalt thou be feared.

5 I look for the Lord; my soul doth wait for him; in his word is my trust.

6 My soul fleeth unto the Lord before the morning watch; I say, before the morning watch.

7 O Israel, trust in the Lord; for with the Lord there is mercy, and with him is plenteous redemption.

8 And he shall redeem Israel from all his sins.

The *Gloria.*

The Prayer for the Church.

ALMIGHTY and everliving GOD, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks for all men; we humbly beseech thee most mercifully [*to accept our alms and oblations, and*] to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. We beseech thee also, so to direct and dispose the hearts of all Christian rulers, that they may truly and impartially administer justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue. Give grace, O heavenly Father, to all Bishops and other Min-

isters, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. And to all thy people give thy heavenly grace; and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life. And we most humbly beseech thee, of thy goodness, O LORD, to comfort and succour all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. And we also bless thy holy Name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom. Grant this, O Father, for JESUS CHRIST'S sake, our only Mediator and Advocate. Amen.

The Short Exhortation.

YE who do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of GOD, and walking from henceforth in His holy ways; draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, devoutly kneeling.

The General Confession.

ALMIGHTY GOD, Father of our LORD JESUS CHRIST, Maker of all things, Judge of all men; we acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word, and deed, against thy Divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily

sorry for these our misdoings; the remembrance of them is grievous unto us; the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our LORD JESUS CHRIST'S sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy Name; through JESUS CHRIST our LORD. Amen.

The Absolution.

ALMIGHTY GOD, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who, with hearty repentance and true faith, turn unto him; have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through JESUS CHRIST our LORD. Amen.

The Comfortable Words.

HEAR what comfortable words our Saviour CHRIST saith unto all who truly turn to him.

Come unto me all ye that travail, and are heavy laden, and I will refresh you. *St. Matt.* xi. 28.

So GOD loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *St. John,* iii. 16.

Hear also what Saint Paul saith.

This is a true saying, and worthy of all men to be received, That CHRIST JESUS came into the world to save sinners. 1 *Tim.* i. 15.

Hear also what Saint John saith.

If any man sin, we have an Advocate with the Father, JESUS CHRIST the righteous; and he is the Propitiation for our sins. 1 *St. John,* ii. 1, 2.

Have mercy upon me, O LORD, for I am heavy laden with the burden of my sins!

I believe, O LORD, help thou mine unbelief, and lead me in the way of eternal life!

O Heavenly Father, I have indeed sinned against Heaven and before thee, and am no more worthy to be called thy son!

O LORD JESUS, remember me in thy Kingdom, and cleanse my soul by the power of the precious Blood, for thine own dear mercy's sake. Amen.

The Sursum Corda.

Priest. Lift up your hearts.

Answer. We lift them up unto the LORD.

Priest. Let us give thanks unto our LORD GOD.

Answer. It is meet and right so to do.

The Preface.

It is very meet, right, and our bounden duty that we should at all times, and in all places, give thanks unto thee, O Lord, [*Holy Father,] Almighty, Everlasting God.

¶ *Here shall follow the Proper Preface, according to the time, if there be any specially appointed; or else immediately shall be said or sung by the priest and people,*

Therefore with Angels and Archangels, and with all the company of Heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

The Sanctus.

Holy, Holy, Holy, Lord God of hosts, heaven and earth are full of thy glory; Glory be to Thee, O Lord Most High. Amen.

Proper Prefaces.

Upon Christmas-Day, and seven days after.

BECAUSE thou didst give JESUS CHRIST, thine only Son, to be born as at this time for us; who, by the operation of the Holy Ghost, was made very man, of the substance of the Virgin Mary his mother; and that without spot of sin, to make us clean from all sin. Therefore with Angels, etc.

Upon Easter-Day and seven days after.

BUT chiefly are we bound to praise thee for the glorious Resurrection of thy Son JESUS CHRIST our LORD: for he is the very Paschal Lamb, which was offered for us, and hath taken away the sin of the world; who by his death hath destroyed death, and, by his rising to life again, hath restored to us everlasting life. Therefore with Angels, etc.

Upon Whitsun-Day and six days after.

THROUGH JESUS CHRIST our LORD; according to whose most true promise, the Holy Ghost came down as at this time from Heaven, with a sudden great sound, as it had been a mighty wind, in the likeness of fiery tongues, lighting upon the Apostles, to teach them, and to lead them to all truth; giving them both the gift of divers languages, and also boldness with fervent zeal constantly to preach the Gospel unto all nations; whereby we have been brought out of darkness and error into the clear light and true knowledge of thee, and of thy Son JESUS CHRIST. Therefore with Angels, etc.

Upon Ascension-Day and seven days after.

THROUGH thy most dearly beloved Son JESUS CHRIST our LORD; who, after his most glorious Resurrection, manifestly appeared to all his Apostles,

and in their sight ascended up into Heaven, to prepare a place for us; that where he is, thither we might also ascend, and reign with him in glory. Therefore with Angels, etc.

Upon the Feast of Trinity only, may be said,

WHO art one GOD, one LORD; not one only Person, but three Persons in one Substance. For that which we believe of the glory of the Father, the same we believe of the Son, and of the Holy Ghost, without any difference or inequality. Therefore with Angels, etc.

¶ *Or else this may be said, the words* [Holy Father] *being retained in the introductory Address.*

FOR the precious death and merits of thy Son JESUS CHRIST our LORD, and for the sending to us of the Holy Ghost, the Comforter; who are one with thee in thy Eternal Godhead. Therefore with Angels, etc.

The Prayer of Humble Access.

We do not presume to come to this Thy Table, O merciful Lord, trusting in our own righteousness, but in Thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under Thy Table. But Thou art the same Lord, whose property is always to have mercy: Grant us therefore gracious Lord, so to eat the flesh of Thy dear Son Jesus Christ, and to drink His blood, that our sinful bodies may be made clean by His body, and our souls washed through His most precious blood, and that we may evermore dwell in Him, and He in us. Amen.

Hosanna in the Highest, Blessed is He that cometh in the name of the Lord: Hosanna in the Highest.

Look mercifully O Lord, our God, upon this Thy Priest and upon us Thy

people, and accept the offering which we make in union with that Holy Sacrifice which Thy Beloved Son made here on earth and now pleads in Heaven. Amen.

The Prayer of Consecration.

ALL glory be to Thee Almighty GOD, our heavenly Father, for that Thou, of Thy tender mercy, didst give Thine only Son JESUS CHRIST to suffer death upon the Cross for our redemption; Who made there (by His one oblation of Himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in His holy Gospel command us to continue, a perpetual memory of that His precious death and sacrifice, until His coming again: For in the night in which He was betrayed, (*a*) He took Bread; and when He had

(a) *Here the Priest is to take the Paten into his hands.*

given thanks, (*b*) He brake it, and gave it to His disciples, saying, Take, eat, (*c*) this is my My Body, which is given for you; do this in remembrance of Me. Likewise after supper (*d*) He took the Cup; and when He had given thanks, He gave it to them, saying, Drink ye all of this; for (*e*) this is My Blood of the New Testament, which is shed for you, and for many, for the remission of sins; do this as oft as ye shall drink it, in remembrance of Me.

(b) *And here to break the Bread.*

(c) *And here to lay his hand upon all the Bread.*

(d) *Here he is to take the Cup into his hand.*

(e) *And here he is to lay his hands upon every vessel in which there is any Wine to be consecrated.*

The Prayer of Oblation.

The Oblation.

WHEREFORE, O LORD and heavenly Father, according to the institution of thy dearly beloved Son our Saviour JESUS CHRIST, we, Thy humble servants, do celebrate and make here before thy Divine Majesty,

with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

The Invocation

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Saviour JESUS CHRIST'S holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness, mercifully to accept this our sacrifice of praise and thanksgiving;

most humbly beseeching thee to grant, that by the merits and death of thy Son JESUS CHRIST, and through faith in His blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion. And here we offer and present unto thee, O LORD, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee, that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son JESUS CHRIST, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in them, and they in him. And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice; yet we beseech Thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences,

through JESUS CHRIST our LORD; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father Almighty, world without end. Amen.

The Hymn.

¶ *Fix your mind and heart upon the greatness of the blessing you are about to receive and make your prayers now for whatever or whomsoever you desire most to pray. Think of some sin against which you need especial help; some friend or companion for whom your prayers are needed, and say,*

Our Father, etc.

O LORD JESUS, enlighten my mind, subdue my heart, and purify my life.

O Lamb of GOD, that takest away the sins of the world, have mercy upon us.

O Lamb of GOD, that takest away the sins of the world, have mercy upon us.

O Lamb of GOD, that takest away the sins of the world, grant us Thy peace.

O Merciful GOD, who hast promised

forgiveness to all who ask in Thy Son's Name, give unto us who ask, let us who seek find, open the door unto us who knock, who ask, pleading Thy promise. We beseech Thee for all sorts and conditions of men that Thy way may be known upon earth, Thy saving health among all nations. Have mercy upon Thy Holy Catholic Church and grant that it may be at one again. Look with pity upon all those who have sinned against Thee or neglect to serve Thee (especially ——), and bring them back into the ways of truth and peace. Bless all who are near and dear to us, parents, relatives and friends (especially ——), and bring us all safe home at last, through JESUS CHRIST our LORD, who liveth and reigneth with Thee and the Holy Ghost, One God, world without end. Amen.

O LORD JESUS CHRIST, my LORD and my GOD, I am not worthy to come into Thy presence, much less to receive

Thy precious Body and Blood. I adore Thee for all Thy mercies, and especially for Thy death upon the cross for me and for all men, for the means of grace and for the hope of glory. Strengthen me, for I am weak. Guide me, for I am ignorant. Be with me in all temptation to hold me back and in all good to help me on, that I may never be separated from Thee for ever. Amen.

¶ *Approach the Altar reverently without waiting too long for others to go up.*

If, when you come into the chancel, you find that there is no room for you at the Altar-rail, do not stand but kneel down while waiting. It relieves your embarrassment, and it is reverent.

When the Priest administers the Paten, cross your right hand over your left, and receive in the palm of your right hand.

Take hold of the foot of the chalice, and thus guide it to your lips.

When you return to your seat, kneel

down and remain kneeling until all have communicated.

Thanksgiving after Communion.

Praise the LORD O my soul, and all that is within me, praise His holy Name.

Praise the LORD O my soul, and forget not all his benefits.

Who forgiveth all thy sin, and healeth all thine infirmities.

Who saveth thy life from destruction, and crowneth thee with mercy and loving kindness.

O praise the LORD, ye angels of His, ye that excel in strength; ye that fulfil His commandment, and hearken to the voice of His word.

O praise the LORD, all ye His hosts, ye servants of His, that do His pleasure.

O speak good of the LORD, all ye works of His, in all places of His do-

minion, praise thou the LORD, O my soul.

Gloria.

Psalm cxix. *Beati immaculati.*

BLESSED are those that are undefiled in the way, and walk in the law of the LORD.

2 Blessed are they that keep his testimonies, and seek him with their whole heart.

3 For they who do no wickedness, walk in his ways.

4 Thou hast charged that we shall diligently keep thy commandments.

5 O that my ways were made so direct that I might keep thy statutes!

6 So shall I not be confounded, while I have respect unto all thy commandments.

7 I will thank thee with an unfeigned heart, when I shall have learned the judgments of thy righteousness.

8 I will keep Thy ceremonies; O forsake me not utterly.

In quo corriget.

WHEREWITHAL shall a young man cleanse his way? even by ruling himself after thy word.

2 With my whole heart have I sought thee; O let me not go wrong out of thy commandments!

3 Thy words have I hid within my heart, that I should not sin against thee.

4 Blessed art thou, O LORD; O teach me thy statutes!

5 With my lips have I been telling of all the judgments of thy mouth.

6 I have had as great delight in the way of thy testimonies, as in all manner of riches.

7 I will talk of thy commandments, and have respect unto thy ways.

8 My delight shall be in thy statutes, and I will not forget thy word.

Glory be to the Father, etc.

Grant, O LORD, that what I have received with my lips may bring forth fruit in my heart, and what I have unworthily done do thou most graciously pardon, through JESUS CHRIST our LORD. Amen.

The Lord's Prayer.

THE THANKSGIVING.

ALMIGHTY and everliving GOD, we most heartily thank thee, for that thou dost vouchsafe to feed us who have duly received these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour JESUS CHRIST; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people;

and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through JESUS CHRIST our LORD, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

The Gloria in Excelsis.

GLORY be to GOD on high, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O LORD GOD, heavenly King, GOD the Father Almighty.

O LORD, the only-begotten Son, JESUS CHRIST; O LORD GOD, Lamb of

GOD, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of GOD the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O CHRIST, with the Holy Ghost, art most high in the glory of GOD the Father. Amen.

The Peace and Blessing.

THE PEACE.

THE peace of GOD, which passeth all understanding, keep your hearts and minds in the knowledge and love of GOD, and of his Son JESUS CHRIST our LORD.

THE BLESSING.

And the blessing of GOD Almighty, the Father, the Son, and the Holy

Ghost, be amongst you, and remain with you always. Amen.

Devotions after the Service.

¶ *Remain on your knees at least until the Priest has left the Chancel.*

PARDON, O merciful LORD, I beseech Thee, whatsoever Thy pure eyes have seen amiss in me, even during this time of prayer; my wandering thoughts, my unreal words, my imperfect penitence, my weak devotion. Thou hast promised that whatsoever we ask believing in Thee, shall be granted unto us, so grant that I may ask and receive, that I may seek and find, that the door may be opened unto me knocking, pleading Thy promise. Mercifully accept the service that I have offered to-day, unworthily, but in faith, because I trust in Thee.

I am weak and temptation is frequent, and the Enemy is strong. Without Thee I can do no good thing, but by Thy power all things are possible to

him that believeth. Grant, then, O LORD JESUS, Thou who didst suffer and die for me and for all sinners, that the poor offering which I am able to make may be acceptable in Thy sight, and that this Blessed Sacrament of Thy love may be unto me for comfort, and light and strength to rouse my dulness, to increase my earnestness, to deepen my devotion: that Thine infinite merits and the power of Thy passion may make all the evil that I have endured, and the good that I have tried to do, be for the remission of my sins, and the increase of grace, now, in this fleeting time of life, and also when I come to die. Grant this, O Blessed LORD, for Thy mercy's sake. Who art with the Father and the Holy Ghost, One GOD in three Persons, world without end. Amen.

GOD the Father, GOD the Son, GOD the Holy Ghost, bless, preserve, and keep me. The Lord mercifully with

His favour look upon me, and give me peace, both now and for evermore. Amen.

"LET the words of my mouth and the meditation of my heart be alway acceptable in Thy sight, O LORD, my strength and my Redeemer."

"THE LORD is full of compassion and mercy, long-suffering and of great goodness. He will not alway be chiding, neither keepeth He His anger forever. He hath not dealt with us after our sins, nor rewarded us according to our wickednesses. For look how high the heaven is in comparison of the earth, so great is His mercy also towards them that fear Him. Look how wide also the East is from the West, so far hath He set our sins from us. Yea, like as a father pitieth his own children, even so is the Lord merciful unto them that fear Him. For He knoweth whereof we are made, He remembereth that we are but dust."

"O LORD, Thou hast searched me out and known me. Thou knowest my down-sitting and mine up-rising. Thou understandest my thoughts long before. Thou art about my path and about my bed, and spiest out all my ways. For lo! there is not a word in my tongue but Thou, O LORD, knowest it altogether."

"How dear are Thy counsels unto me, O GOD; O how great is the sum of them. If I tell them they are more in number than the sand: when I wake up, I am present with Thee. Try me, O GOD, and seek the ground of my heart: prove me and examine my thoughts. Look well if there be any way of wickedness in me and lead me in the way everlasting."

The Seven Penitential Psalms.

AGAINST ANGER.

Psalm vi. *Domine, ne in furore.*

O LORD, rebuke me not in thine

indignation, neither chasten me in thy displeasure.

2 Have mercy upon me, O LORD, for I am weak; O LORD, heal me, for my bones are vexed.

3 My soul also is sore troubled: but, LORD, how long wilt thou punish me?

4 Turn thee, O LORD, and deliver my soul; O save me, for thy mercy's sake.

5 For in death no man remembereth thee; and who will give thee thanks in the pit?

6 I am weary of my groaning: every night wash I my bed, and water my couch with my tears.

7 My beauty is gone for very trouble, and worn away because of all mine enemies.

8 Away from me, all ye that work vanity; for the LORD hath heard the voice of my weeping.

9 The LORD hath heard my petition; the LORD will receive my prayer.

10 All mine enemies shall be confounded and sore vexed; they shall be turned back, and put to shame suddenly.

Gloria.

AGAINST PRIDE.

Psalm xxxii. *Beati, quorum.*

BLESSED is he whose unrighteousness is forgiven, and whose sin is covered.

2 Blessed is the man unto whom the LORD imputeth no sin, and in whose spirit there is no guile.

3 For whilst I held my tongue, my bones consumed away through my daily complaining.

4 For thy hand is heavy upon me day and night, and my moisture is like the drought in summer.

5 I will acknowledge my sin unto thee; and mine unrighteousness have I not hid.

6 I said, I will confess my sins unto the LORD; and so thou forgavest the wickedness of my sin.

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; but in the great water-floods they shall not come nigh Him.

8 Thou art a place to hide me in; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.

9 I will inform thee, and teach thee in the way wherein thou shalt go; and I will guide thee with mine eye.

10 Be ye not like to horse and mule, which have no understanding; whose mouths must be held with bit and bridle, lest they fall upon thee.

11 Great plagues remain for the ungodly; but whoso putteth his trust in the LORD, mercy embraceth him on every side.

12 Be glad, O ye righteous, and rejoice in the LORD; and be joyful, all ye that are true of heart.

Gloria.

AGAINST GLUTTONY.

Psalm xxxviii. *Domine, ne in furore.*

PUT me not to rebuke, O LORD, in thine anger; neither chasten me in thy heavy displeasure:

2 For thine arrows stick fast in me, and thy hand presseth me sore.

3 There is no health in my flesh, because of thy displeasure; neither is there any rest in my bones, by reason of my sin.

4 For my wickednesses are gone over my head, and are like a sore burden, too heavy for me to bear.

5 My wounds stink, and are corrupt, through my foolishness.

6 I am brought into so great trouble and misery, that I go mourning all the day long.

7 For my loins are filled with a sore disease, and there is no whole part in my body.

8 I am feeble and sore smitten; I have roared for the very disquietness of my heart.

9 LORD, thou knowest all my desire; and my groaning is not hid from thee.

10 My heart panteth, my strength hath failed me, and the sight of mine eyes is gone from me.

11 My lovers and my neighbours did stand looking upon my trouble, and my kinsmen stood afar off.

12 They also that sought after my life laid snares for me; and they that went about to do me evil talked of wickedness and imagined deceit all the day long.

13 As for me, I was like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth.

14 I became even as a man that heareth not, and in whose mouth are no reproofs.

15 For in thee, O LORD, have I put

my trust; thou shalt answer for me, O LORD my GOD.

16 I have required that they, even mine enemies, should not triumph over me; for when my foot slipt, they rejoiced greatly against me.

17 And I truly am set in the plague, and my heaviness is ever in my sight.

18 For I will confess my wickedness and be sorry for my sin.

19 But mine enemies live, and are mighty; and they that hate me wrongfully are many in number.

20 They also that reward evil for good are against me; because I follow the thing that good is.

21 Forsake me not, O LORD, my GOD; be not thou far from me.

22 Haste thee to help me, O LORD GOD of my salvation.

Gloria.

AGAINST LUST.

Psalm li. *Miserere mei, Deus.*

HAVE mercy upon me, O GOD, after

thy great goodness; according to the multitude of thy mercies do away mine offences.

2 Wash me throughly from my wickedness, and cleanse me from my sin.

3 For I acknowledge my faults, and my sin is ever before me.

4 Against thee only have I sinned, and done this evil in thy sight; that thou mightest be justified in thy saying, and clear when thou art judged.

5 Behold, I was shapen in wickedness, and in sin hath my mother conceived me.

6 But lo, thou requirest truth in the inward parts, and shalt make me to understand wisdom secretly.

7 Thou shalt purge me with hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than snow.

8 Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, and put out all my misdeeds.

10 Make me a clean heart, O GOD, and renew a right spirit within me.

11 Cast me not away from thy presence, and take not thy holy Spirit from me.

12 O give me the comfort of thy help again, and stablish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14 Deliver me from blood-guiltiness, O GOD, thou that art the GOD of my health; and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O LORD, and my mouth shall show thy praise.

16 For thou desirest no sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17 The sacrifice of GOD is a troubled

spirit; a broken and contrite heart, O GOD, shalt thou not despise.

18 O be favourable and gracious unto Sion; build thou the walls of Jerusalem.

19 Then shalt Thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; then shall they offer young bullocks upon thine altar.

Gloria.

AGAINST COVETOUSNESS.

Psalm cii. *Domine, exaudi.*

1 HEAR my prayer, O LORD, and let my crying come unto thee.

2 Hide not thy face from me in the time of my trouble; incline thine ear unto me when I call; O hear me, and that right soon.

3 For my days are consumed away like smoke, and my bones are burnt up as it were a firebrand.

4 My heart is smitten down, and

withered like grass; so that I forget to eat my bread.

5 For the voice of my groaning, my bones will scarce cleave to my flesh.

6 I am become like a pelican in the wilderness, and like an owl that is in the desert.

7 I have watched, and am even as it were a sparrow, that sitteth alone upon the house-top.

8 Mine enemies revile me all the day long; and they that are mad upon me are sworn together against me.

9 For I have eaten ashes as it were bread, and mingled my drink with weeping;

10 And that, because of thine indignation and wrath; for thou hast taken me up, and cast me down.

11 My days are gone like a shadow and I am withered like grass.

12 But thou, O LORD, shalt endure for ever, and thy remembrance throughout all generations.

13 Thou shalt arise, and have mercy upon Sion; for it is time that thou have mercy upon her, yea, the time is come.

14 And why? thy servants think upon her stones, and it pitieth them to see her in the dust.

15 The heathen shall fear thy Name, O LORD; and all the kings of the earth thy Majesty;

16 When the LORD shall build up Sion, and when his glory shall appear;

17 When he turneth him unto the prayer of the poor destitute, and despiseth not their desire.

18 This shall be written for those that come after, and the people which shall be born shall praise the LORD.

19 For he hath looked down from his sanctuary; out of the heaven did the LORD behold the earth;

20 That he might hear the mourning of such as are in captivity, and deliver the children appointed unto death;

21 That they may declare the Name of the LORD in Sion, and his worship at Jerusalem;

22 When the people are gathered together, and the kingdoms also, to serve the LORD.

23 He brought down my strength in my journey, and shortened my days.

24 But I said, O my GOD, take me not away in the midst of mine age; as for thy years, they endure throughout all generations.

25 Thou, LORD, in the beginning hast laid the foundation of the earth, and the heavens are the work of thy hands.

26 They shall perish, but thou shalt endure: they all shall wax old as doth a garment;

27 And as a vesture shalt thou change them, and they shall be changed; but thou art the same, and thy years shall not fail.

28 The children of thy servants

shall continue, and their seed shall stand fast in thy sight.

Gloria.

AGAINST ENVY.

Psalm cxxx. *De Profundis.*

Out of the deep have I called unto thee, O Lord; Lord, hear my voice.

2 O let thine ears consider well the voice of my complaint.

3 If thou, Lord, will be extreme to mark what is done amiss, O Lord, who may abide it?

4 For there is mercy with thee; therefore shalt thou be feared.

5 I look for the Lord; my soul doth wait for him; in his word is my trust.

6 My soul fleeth unto the Lord, before the morning watch; I say, before the morning watch.

7 O Israel, trust in the Lord; for

with the LORD there is mercy; and with him is plenteous redemption.

8 And he shall redeem Israel from all his sins.

Gloria.

AGAINST SLOTH.

Psalm cxliii. *Domine, exaudi.*

HEAR my prayer, O LORD, and consider my desire; hearken unto me for thy truth and righteousness' sake.

2 And enter not into judgment with thy servant; for in thy sight shall no man living be justified.

3 For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath laid me in the darkness, as the men that have been long dead.

4 Therefore is my spirit vexed within me, and my heart within me is desolate.

5 Yet I do remember the time past;

I muse upon all thy works; yea, I exercise myself in the works of thy hands.

6 I stretch forth my hands unto thee; my soul gaspeth unto thee as a thirsty land.

7 Hear me, O LORD, and that soon; for my spirit waxeth faint; hide not thy face from me, lest I be like unto them that go down into the pit.

8 O let me hear thy loving kindness betimes in the morning, for in thee is my trust; show thou me the way that I should walk in; for I lift up my soul unto thee.

9 Deliver me, O LORD, from mine enemies, for I flee unto thee to hide me.

10 Teach me to do the thing that pleaseth thee, for thou art my GOD; let thy loving Spirit lead me forth into the land of righteousness.

11 Quicken me, O LORD, for thy Name's sake; and for thy righteous-

ness' sake bring my soul out of trouble.

12 And of thy goodness slay mine enemies, and destroy all them that vex my soul ; for I am thy servant.

Gloria.

Meditations.

God.

My life begins and ends in God. He created me. He sustains me. To Him at last I must return and render my account. He holds all worlds in the hollow of His hand. Nations are as small dust in the balance before Him.

What am I? What is my life upon this little earth amid the million worlds that move by the will of God! They obey Him. Shall I in my puny rage and thoughtlessness forget Him without whose thought I could not draw another breath? "Fear God!" I am crushed with the thought of His power, for what am I but a worm in the dust before Him. I am His child. "Like as a father pitieth his own children even so is the Lord merciful unto them that fear Him. He know-

eth whereof we are made. He remembereth that we are but dust." My Father! Our Father! All that I do and think, all that I suffer He knows. And He is pitiful and of tender mercy. He remembereth that I am but dust. To love GOD, to trust Him, to reverence His Holy Name in word and deed; this is my manhood and my life. *See Job,* xi. 7, 20.

The Soul.

GOD has said "all souls are mine." They belong to Him. He created them and He can destroy them. My soul is not mine but GOD'S. How am I using it? Does my soul deserve to live? Does it know and love GOD who sustains it? I must meet Him some day face to face. Father, mother, friends —all will leave me, and I shall be alone with God. Think of it. All alone without a creature to hear or see, without one to help and comfort. I shall

be alone in the stillness with GOD who made me, and to whom my soul belongs. Will that hour be pain or joy to me? If I love Him it will be happiness beyond all happiness that earth can give, for "Eye hath not seen, nor ear heard, neither hath it entered into the heart of man the things which GOD hath prepared for them that love Him." Oh! may He fill my heart with His love, that I may be a true man, ready to work, ready to suffer, ready to die for my love of GOD: and at last to see His face and hear His voice saying unto me: "My son, thou hast sinned many times, but thou hast been faithful over a few things. Enter thou into the joy of thy LORD." *Ps.* xlii.

Sin.

God made the world bright and beautiful, but man finds sadness everywhere. Some one is ever suffering. Some one is ever mourning. Some one is dying

every moment. And where there is a little joy, it seems to carry a shadow with it. What does it mean? Why are not all happy? Why do the young and the hopeful die? Why are people always mourning and never satisfied? It is SIN. Sin is written everywhere. Man started out by forgetting GOD and the cloud is never absent from him. I look at myself. I cannot pray without having wandering thoughts. I am not always willing to worship. I am continually wishing and trying to do good and to love GOD, and am ever failing. My sins! How many they are! All the sins that I have committed! I do not dare to count them. And then that one sin which follows me everywhere, which pursues and torments me until I indulge it. It comes between my soul and God. Will it always conquer me? Shall I let it grow and strengthen until my power to resist is all gone,

and I stand before GOD with my sins piled up between His face and me. I do not know how much time I have. But I can work now. I can begin this moment with a prayer to our Father. "The soul that sinneth it shall die," but "whosoever cometh unto me I will in nowise cast out."

Redemption.

"THE fear of the LORD is to hate evil." GOD hates sin, and I have sinned. Oh, the pitiful, unconquerable torture of remembered sin! Will nothing help me? I am utterly fallen and sick at heart. To meet the everlasting GOD and look His judgments in the face. This is more than my soul can bear. There is one Hope, one Strength. Look up, O my soul! JESUS CHRIST loves me. On His cross He died for me. He knew my sin and redeemed my life. What can separate me from the love of CHRIST? Neither life nor

death, nor things present, nor things to come, can rob me of that Love. It enters into my being. It rouses my manhood. It brings me back, soiled as I am. It reconciles me to GOD. After all I am His child, through CHRIST, my own true Life and Hope. I am "bought with a price, and that the Precious Blood." If I have anything noble in me, anything true, anything good, it is from Him, and I will strive to return it to Him in a sober, righteous and godly life. O LORD JESUS CHRIST, by Thine agony and bloody sweat, by Thy cross and passion, by Thy precious death and burial, by Thy glorious resurrection and ascension, Deliver me! *Romans*, viii. 31.

Holiness.

MY body is the temple of the Holy Ghost. He is the all-holy GOD. How have I realized this? Have I ever sinned against Him? Have I even

once, in all my life, felt His Presence, or said a prayer for His help and guidance? All my gifts of grace come through Him. He is the giver of life, and purity; and truth. He enables me to discern my LORD in the Holy Communion. And with His sevenfold gifts I was blessed in confirmation—wisdom, knowledge, counsel, spiritual strength, knowledge of the LORD, true godliness, and holy fear. All that is bright and beautiful upon earth, all that is great and good in human history, is the work of the Holy Ghost. "His voice is on the rolling air, His whisper at the gates of day." His power vibrates in mind, and heart, and throbbing pulse. He reveals to me the counsels of our Father, and He blesses me with the presence of JESUS always. O gracious Spirit, true LORD, Giver of Life, fill me with Thy love. Show me what is right, and enable me to perform it. Keep me in the conflict of

this earthly life, and strengthen me when I die!

The Holy Communion.

How can I learn to know GOD? Is my Saviour always here on earth to receive His people? Yes, surely. I know this. He has not gone off far away and left us here alone. He is still with us. Emmanuel, GOD with us. He is with His Church, as He said: "Lo, I am with you even unto the end of the world." He is present in the Holy Communion, and I can come specially near him there. I can receive His blessed Body and Blood, so that my sinful body may be made clean by His Body, and my soul washed through His most precious Blood, that I may dwell in Him, and He in me. I am not worthy. I never could be worthy. But He stands at the door and knocks, and who am I to refuse to let Him in? To be without Him means *death*—my

death. Therefore I shall take that Holy Sacrament to strengthen my soul by His Presence, and to do what He commanded us to do—show His death until He come again. He has said to me, that unless I eat the flesh of the Son of Man, and drink His blood, I have no life in me. No life! Only darkness, death. O CHRIST, help me, Thy child! Make me a clean heart, and renew a right spirit within me, so that I may worthily receive this blessing of life! I shall die, but I shall rise again. "He that eateth Me shall live by Me." "He that eateth My flesh and drinketh My blood hath eternal life, and I will raise him up at the last day." I have eternal life! *See St. John*, vi.

Life.

WHY was I born? What is the object of all this preparation and training? What is the end of it? Is it to be rich? To be honored? To be

popular? Certainly not any of these simply. GOD GAVE ME MY LIFE TO USE FOR HIS GLORY. He made me in His image, and I must first work to bring out that image clear and strong in my character. I must be a man, a true man, first, and then I may think of other things. But this thought always foremost and strongest, "to do Thy will, O GOD;" this ideal ever held before my eyes, "the stature of the Perfect Man in CHRIST JESUS." Without this there is no nobleness, no greatness, no success worthy the name. Without this all life is a dream, a fancy, an unreal thing. Is it all wrong to think of worldly honour? Surely not. I may use it for GOD. I may see my Saviour through it. I may strive to write His cross on all that I do, and I may be loyal to Him and defend His honour, even if it involves toil and trouble to me. All things change and pass, but He never faileth. One rock standeth

sure, the length and breadth, and depth and height of the Love that passeth knowledge. I will be faithful. I will "endure as seeing Him who is invisible." And may our Father, who gives me this will, give me also the strength to perform it!

Death.

"THEN thou shalt die." The most certain thing that I know is that I shall die. The evening will come—the cold sunset on my life. And my work shall be done. And I shall leave all that I have on earth, and go upon that last journey to the silent land, whose secrets no human being has ever come back to tell. Am I afraid to die? Why? Why should I be afraid to go home to Him, who has dealt so lovingly with me, who, in all these years, has never failed nor forsaken me. As we have lived, so will we die. If we have loved self more than GOD, then will there be great

distress when self is passing in helpless gloom. "The sting of death is sin," but "thanks be to GOD who giveth us the victory through our LORD JESUS CHRIST." JESUS will be with me, and He has died. He has gone this way before me. "When thou passest through the waters I will be with thee." He can take me through. And then I shall see Him face to face. All my life shall be filled with peace and perfect joy. All my mind shall be full of light. And in the many mansions of our Father's home, with those whom I have known and loved, I shall see the Divine King in His Beauty, my Saviour, my King, my Light, my Life, my LORD and my GOD.

Readings
from
Holy Scripture.

Lessons from the Old Testament.

I.

THE fear of the LORD is the beginning of knowledge, *but* fools despise wisdom and instruction. My son, hear the instruction of thy father, and forsake not the law of thy mother; for they *shall be* an ornament of grace unto thy head, and chains about thy neck.

My son, if sinners entice thee, consent thou not. If they say, come with us, let us lay wait for blood, let us lurk privily for the innocent without cause; let us swallow them up alive, as the grave; and whole, as those that go down into the pit; we shall find all precious substance, we shall fill our houses with spoil; cast in thy lot among us; let us all have one purse; my son, walk not thou in the way with

them: refrain thy foot from their path; for their feet run to evil, and make haste to shed blood. (Surely in vain the net is spread in the sight of any bird.) And they lay wait for their *own* blood; they lurk privily for their *own* lives. So are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof. *Prov.* i. 7–20.

II.

WISDOM crieth without; she uttereth her voice in the streets; she crieth in the chief place of concourse in the openings of the gates; in the city she uttereth her words, *saying:* How long, ye simple ones, will ye love simplicity? And the scorners delight in their scorning, and fools hate knowledge? Turn you at my reproof; behold, I will pour out my spirit unto you, I will make known my words unto you.

Because I have called and ye re-

fused ; I have stretched out my hand and no man regarded : but ye have set at naught all my counsel, and would none of my reproof ; I also will laugh at your calamity ; I will mock when your fear cometh ; when your fear cometh as desolation, and your destruction cometh as a whirlwind ; when distress and anguish cometh upon you, then shall they call upon me, but I will not answer ; they shall seek me early but they shall not find me ; for that they hated knowledge, and did not choose the fear of the LORD ; they would none of my counsel ; they despised all my reproof ; therefore, shall they eat of the fruit of their own way, and be filled with their own devices. For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them. But whoso hearkeneth unto me, shall dwell safely, and shall be quiet from fear of evil. *Prov.* i. 20–33.

III.

My son, forget not my law; but let thine heart keep my commandments; for length of days, and long life and peace, shall they add to thee. Let not mercy and truth forsake thee; bind them about thy neck: write them upon the table of thine heart; so shalt thou find favour and good understanding in the sight of God and man.

Trust in the Lord with all thine heart: and lean not unto thine own understanding. In all thy ways acknowledge Him, and he shall direct thy paths.

Be not wise in thine own eyes; fear the Lord and depart from evil. It shall be health to thy navel and marrow to thy bones. Honour the Lord with thy substance, and with the first fruits of all thine increase; so shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

My son, despise not the chastening

of the LORD; neither be weary of his correction: for whom the LORD loveth he correcteth; even as a father the son *in whom* he delighteth. *Prov.* iii. 1–13.

IV.

HAPPY *is* the man *that* findeth wisdom, and the man *that* getteth understanding. For the merchandise of it *is* better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies, and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand, *and* in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She *is* a tree of life to them that lay hold upon her; and happy is *every one* that retaineth her. The LORD by wisdom hath founded the earth; by understanding hath he established the heavens. By his

knowledge, the depths are broken up, and the clouds drop down the dew.

My son, let not them depart from thine eyes. Keep sound wisdom and discretion; so shall they be life unto thy soul, and grace to thy neck. Then shalt thou walk in thy way safely, and thy foot shall not stumble. When thou liest down thou shalt not be afraid; yea, thou shalt lie down and thy sleep shall be sweet. Be not afraid of sudden fear, neither of the desolation of the wicked when it cometh. For the LORD shall be thy confidence, and shall keep thy foot from being taken. *Prov.* iii. 14–27.

V.

HEAR, ye children, the instruction of a father, and attend to know understanding. For I give you good doctrine, forsake ye not my law. For I was my father's son, tender and only *beloved* in the sight of my mother. He taught me also, and said unto me, Let thine

heart retain my words ; keep my commandments, and live. Get wisdom, get understanding; forget *it* not: neither decline from the words of my mouth. Forsake her not, and she shall preserve thee ; love her and she shall keep thee. Wisdom *is* the principal thing, *therefore* get wisdom, and with all thy getting get understanding. Exalt her, and she shall promote thee ; she shall bring thee to honour, when thou dost embrace her. She shall give to thine head an ornament of grace ; a crown of glory shall she deliver to thee. Hear, O my son, and receive my sayings ; and the years of thy life shall be many. I have taught thee in the way of wisdom; I have led thee in right paths. When thou goest, thy steps shall not be straitened ; and when thou runnest, thou shalt not stumble. Take fast hold of instruction ; let *her* not go: keep her ; for she *is* thy life. *Prov.* iv. 1–14.

VI.

My son, attend unto my wisdom, *and* bow thine ear to my understanding; that thou mayest regard discretion, and *that* thy lips may keep knowledge.

A naughty person, a wicked man, walketh with a froward mouth. He winketh with his eyes, he speaketh with his feet, he teacheth with his fingers; frowardness *is* in his heart, he deviseth mischief continually, he soweth discord. Therefore shall his calamity come suddenly; suddenly shall he be broken without remedy.

These six *things* doth the Lord hate: yea, seven *are* an abomination unto him: a proud look, a lying tongue, and hands that shed innocent blood, an heart that deviseth wicked imaginations, feet that be swift in running to mischief, a false witness *that* speaketh lies, and he that soweth discord among brethren.

My son, keep thy father's command-

ment, and forsake not the law of thy mother; bind them continually upon thine heart, *and* tie them about thy neck. When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and *when* thou awakest, it shall talk with thee. For the commandment *is* a lamp; and reproofs of instruction *are* the way of life. *Prov.* v. 1–2 and vi. 12–24.

VII.

Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them; while the sun, or the light, or the moon, or the stars, be not darkened, nor the clouds return after the rain; in the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows be

darkened, and the doors shall be shut in the streets, when the sound of the grinding is low, and he shall rise up at the voice of the bird, and all the daughters of music shall be brought low; also *when* they shall be afraid of *that which* is high, and fears *shall be* in the way, and the almond-tree shall flourish, and the grasshopper shall be a burden, and desire shall fail; because man goeth to his long home, and the mourners go about the streets: or ever the silver cord be loosed, or the golden bowl be broken, or the pitcher be broken at the fountain, or the wheel broken at the cistern; then shall the dust return to the earth as it was, and the spirit shall return unto GOD who gave it. *Eccles.* xii. 1–8.

Lessons from the New Testament.

I.

KNOW ye not, that so many of us as were baptized into JESUS CHRIST were

baptized into his death? Therefore we are buried with him by baptism into death; that like as CHRIST was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also *in the likeness* of *his* resurrection; knowing this, that our old man is crucified with *him*, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin. Now, if we be dead with CHRIST, we believe that we shall also live with him: knowing that CHRIST, being raised from the dead, dieth no more; death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto GOD. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto GOD through JESUS CHRIST our LORD.

Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members *as* instruments of unrighteousness unto sin ; but yield yourselves unto GOD, as those that are alive from the dead, and your members *as* instruments of righteousness unto GOD. For sin shall not have dominion over you ; for ye are not under the law, but under grace. *Romans*, vi. 3–15.

II.

AND you *hath he quickened*, who were dead in trespasses and sins ; wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience ; among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind ; and were by nature the children of

wrath, even as others. But GOD, who is rich in mercy, for his great love wherewith he loved us, even when we were dead in sins, hath quickened us together with CHRIST (by grace ye are saved); and hath raised *us* up together, and made *us* sit together in heavenly *places* in CHRIST JESUS; that in the ages to come he might show the exceeding riches of his grace, in *his* kindness towards us, through CHRIST JESUS. For by grace are ye saved through faith; and that not of yourselves; *it is* the gift of GOD, not of works, lest any man should boast. For we are his workmanship, created in CHRIST JESUS unto good works, which GOD hath before ordained that we should walk in them. *Ephes.* ii. 1–11.

III.

THIS I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against

the Spirit, and the Spirit against the flesh: and these are contrary the one to the other, so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are *these:* Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the Kingdom of GOD. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance; against such there is no law. And they that are CHRIST'S have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vainglory, provoking

one another, envying one another. *Galat.* v. 16–26.

IV.

MOREOVER, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; and were all baptized unto Moses in the cloud and in the sea; and did all eat the same spiritual meat; and did all drink the same spiritual drink (for they drank of that spiritual Rock that followed them: and that Rock was CHRIST); but with many of them GOD was not well pleased, for they were overthrown in the wilderness.

Now these things were our examples, to the intent that we should not lust after evil things, as they also lusted. Neither be ye idolaters, as *were* some of them; as it is written, The people sat down to eat and drink, and rose up to play. Neither let us commit forni-

cation, as some of them committed, and fell in one day three and twenty thousand. Neither let us tempt CHRIST, as some of them also tempted, and were destroyed of serpents. Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer. Now all these things happened unto them for examples, and they are written for our admonition, upon whom the ends of the world are come. Wherefore let him that thinketh he standeth take heed lest he fall. I *Cor.* x. 1–13.

V.

BEWARE lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after CHRIST. For in him dwelleth all the fulness of the Godhead bodily; and ye are complete in him, which is the head of all principality and power; in whom

also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of CHRIST: buried with him in Baptism, wherein also ye are risen with *him*, through the faith of the operation of GOD, who hath raised him from the dead. And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses; blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his Cross; and having spoiled principalities and powers, he made a show of them openly, triumphing over them in it.

Let no man therefore judge you in meat or in drink, or in respect of an holy day, or of the new moon, or of the Sabbath-*days:* which are a shadow of things to come; but the body is of CHRIST. Let

no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind, and not holding the Head, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God. *Col.* ii. 8–19.

VI.

What doth it profit, my brethren, though a man say he hath faith, and have not works? Can faith save him? If a brother or sister be naked, and destitute of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? Even so faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works; shew me thy faith without thy works,

and I will shew thee my faith by my works. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is dead? Was not Abraham our father justified by works, when he had offered Isaac his son upon the altar? Seest thou how faith wrought with his works, and by works was faith made perfect? And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God. Ye see then how that by works a man is justified, and not by faith only. Likewise also was not Rahab the harlot justified by works, when she had received the messengers, and had sent them out another way? For as the body without the spirit is dead, so faith without works is dead also. *St. James*, ii. 14-26.

VII.

GRACE and peace be multiplied unto you through the knowledge of GOD, and of JESUS our LORD. According as his divine power hath given unto us all things that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue: whereby are given unto us exceeding great and precious promises; that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And besides this, giving all diligence, add to your faith, virtue; and to virtue, knowledge; and to knowledge, temperance; and to temperance, patience; and to patience, godliness; and to godliness, brotherly kindness; and to brotherly kindness, charity. For if these things be in you, and abound, they make *you that ye shall* neither *be* barren nor unfruitful in the knowledge of our LORD JESUS CHRIST; but he that lacketh

these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. Wherefore the rather, brethren, give diligence to make your calling and election sure; for if ye do these things, ye shall never fall. For so an entrance shall be ministered unto you abundantly into the everlasting Kingdom of our LORD and Saviour JESUS CHRIST. II *St. Peter*, i. 2–12.

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